



## DEAF & HARD OF HEARING COMMUNITY

**WINTER AND SPRING, 2007**

### **RECREATION ACTIVITIES**

CO-SPONSORED BY

**CSD-MN and SAINT PAUL PARKS AND RECREATION**



The partnership between Saint Paul Parks and Recreation and CSD-MN provides recreation opportunities for families that have deaf and hard of hearing members.

**Classes must have a minimum of five (5) people signed up by the deadline. If less than 5 sign up, class will be canceled.**

So spread the word. Let's get many, many people involved in these recreation activities. Register early.

To find out more about recreation for deaf and hard of hearing, contact Mary Livingston at 651-266-6366 (voice) or 651-266-6378 (TTY) or email at [mary.livingston@ci.stpaul.mn.us](mailto:mary.livingston@ci.stpaul.mn.us) or Jessalyn Frank email at [jfrank@c-s-d.org](mailto:jfrank@c-s-d.org) or IP: 12.47.40.73 or CSD-MN office at 651-297-6700.

The registration form is at the back of this brochure. If you need more registration forms, make copies or contact Mary and ask for another form.

WHAT: **OPEN SWIM**  
WHO: All ages  
WHEN: One Friday Night each month  
January 12, February 2, March 2, April 13, May 4  
TIME: 6:30 – 8:30 p.m.  
WHERE: Arlington High School  
COST: Swimming: \$4 adults, \$3 children,  
\$1 for people who just want to watch



This is an open swim just for the Deaf Community. It's a great opportunity to be active, socialize and have fun. There is a lap pool with maximum depth of 5 ½ feet, a diving well and a wading pool. Pay at the door.

WHAT: **OPEN BASKETBALL**  
WHO: Adults and Teens, ages 16 and older  
WHEN: Friday nights, January 12 – March 30 (no basketball on February 2 and March 2)  
WHERE: Homecroft Recreation Center, 1845 Sheridan Avenue, St. Paul, MN 55114  
(cross street is Edgcombe Road)  
TIME: 7 – 9 p.m. (If nobody arrives by 8:00 p.m. on any night, we will cancel the second hour  
and lock the doors)  
COST: \$8 for 10 weeks if paid in advance or on first night.  
Otherwise pay \$1 each night. You must have correct change

Get together with friends to play basketball. This is just for fun. There will be no referees. You will call your own fouls and substitutions.

# **FITNESS CLASSES**

All fitness classes are taught in ASL by a Deaf Instructor, Jessalyn Frank. Please register by the deadline. Always check with your doctor before beginning a NEW exercise activity. **Classes must have a minimum of five (5) people signed up by the deadline. If less than 5 sign up, class will be canceled.**

**WHAT: LOW-IMPACT AEROBICS**

**WHEN:** Saturdays

Session 1: January 20 – March 17 (8 weeks) No class on February 24

Session 2: March 24 – May 19 (8 weeks) No Class on April 7

**TIME:** 8:50 – 9:50 a.m.

**WHERE:** North Dale Recreation Center, 1414 N. St. Albans, St. Paul, MN 55117

**COST:** \$ 25 per session

**DEADLINE:** One week before the start of each session



This class is for senior citizens and adults who want a low-impact workout. It will include warm up, exercise, step aerobics, stretching and toning, and cool down.

**WHAT: ADVANCED FLOOR/STEP AEROBICS**

**WHO:** Adults

**WHEN:** Saturdays

Session 1: January 20 – March 17 (8 weeks) No class on February 24

Session 2: March 24 – May 19 (8 weeks) No class on April 7

**TIME:** 9:50 – 10:50 a.m.

**WHERE:** North Dale Recreation Center, 1414 N. St. Albans, St. Paul, MN 55117

**COST:** \$25 per session

**DEADLINE:** One week before the start of each session

This class gets your body moving! We will alternate exercises different days to provide a variety. This exercise will make you SWEAT. You will do a wide range of fast-paced floor exercise that targets all muscle groups in your body! This class also includes step aerobics using a step to increase cardiovascular movement, and develop and tone muscle groups.

**WHAT: WATER AEROBICS**

**WHO:** Adults

**WHEN:** Tuesdays,

Session 1: January 16 – March 20 (no class on March 6) (9 weeks)

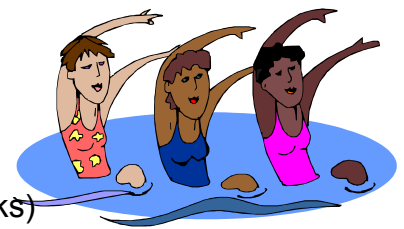
Session 2: March 27 – May 29 (no class on April 3) (9 weeks)

**TIME:** 6 – 6:55 p.m.

**WHERE:** Como Elementary School, 780 W. Wheelock Parkway, St. Paul, MN 55117

**COST:** \$36 per session

**DEADLINE:** One week before the start of each session

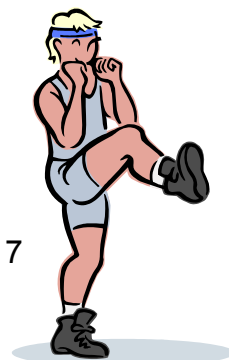


This class takes place in the water, with the instructor on the pool deck. No need for skimpy suits to participate. However, a swim suit or shorts and t-shirt are required (no cut-offs). This exercise includes various arm, leg, and body movements. The water is safe and provides less pressure/impact on your body! It is fun! Your intensity level depends on you, all levels are welcome. In this class you will find a wonderful support group to keep exercising while feeling great about getting FIT!

**WHAT:** **DEEP WATER AEROBICS**  
**WHEN:** Thursday evenings, February 22 – March 29 (6 weeks)  
**WHERE:** Arlington High School Pool, 1495 Rice Street, St. Paul, MN 55117  
**TIME:** 7:30 – 8:30 p.m.  
**COST:** \$24  
**DEADLINE:** February 15

If you enjoyed Water Aerobics, you will love the challenge of Deep Water Aerobics. Using an exercise belt to keep you afloat, your challenge will be to follow arm and leg movements without touching the pool bottom. Water resistance, including not being able to touch, increases cardio ability, strengthens muscles and is a unique way to exercise.

**WHAT:** **KICKBOXING / BOOTCAMP**  
**WHO:** Adults  
**WHEN:** Tuesdays,  
Session 1: January 16 – March 20 (no class on March 6) (9 weeks)  
Session 2: March 27 – May 29 (no class on April 3) (9 weeks)  
**TIME:** 7:50 – 8:45 p.m.  
**WHERE:** Como Elementary School, 780 W. Wheelock Parkway, St. Paul, MN 55117  
**COST:** \$27 per session  
**DEADLINE:** One week before the start of each session



This is the new wave of exercise. Kickboxing and Cardio boxing are included in this exercise. We do various kicks and punches. These exercises help target arms / legs and buttock muscle groups. It is a good cardiovascular exercise and FUN! You will sweat.

**WHAT:** **YOGA**  
**WHO:** Adults of all ages  
**WHEN:** Tuesdays,  
Session 1: January 16 – March 20 (no class on March 6) (9 weeks)  
Session 2: March 27 – May 29 (no class on April 3) (9 weeks)  
**TIME:** 7:00 – 7:45 p.m.  
**WHERE:** Como Elementary School, 780 W. Wheelock Parkway, St. Paul, MN 55117  
**COST:** \$27 per session  
**DEADLINE:** One week before the start of each session



Many Deaf say how can we do YOGA? Deaf Can! You will learn breathing techniques, yoga philosophy and various poses. This will help with your posture, flexibility and overall physique. This class is good for all ages, the busy, the retired, the young, the old, and the family. Yoga is growing in popularity in our country. Come learn what America is talking about.

**Classes must have a minimum of five (5) people signed up by the deadline. If less than 5 sign up, class will be canceled.**

**WHAT:** **FAMILY YOGA**  
**WHO:** Adults and children ages 6 and older  
**WHEN:** Session 1: January 20 – March 17 (8 weeks) No class on February 24  
Session 2: March 24 – May 19 (8 weeks) No class on April 7  
**WHERE:** North Dale Recreation Center, 1414 N. St. Albans Street, St Paul, MN 55117  
**TIME:** 11 a.m. – 12 noon  
**COST:** \$25 for adults. There is no cost for children in that same family, as long as at least one parent participates.  
**DEADLINE:** One week before the start of each session

Do you want a class that incorporates family time? Do you want children to learn about quiet time and inner strength? Teaching Children and all family members to “relax” and incorporate healthy stretches, poses and breathing techniques is what this class is all about. We expect children will be children, so don’t worry about them being the most well-mannered. Bring the whole family! Make this your Saturday quality time!

## **REFUND POLICY**

All refunds must be requested prior to the date of the event or first class meeting. Refunds will not be issued for any reason for any single registration costing \$10 or less. Refunds for classes/events costing between \$10.01 and \$50 will be reduced by \$10. Refunds for classes/events costing more than \$50 will be reduced by \$25. If you are signed up for a special event where tickets are purchased in advance, you will be charged the full amount of the ticket unless someone on the waiting list can take your place. Exceptions will be granted only if the Recreation Partnership is unable to provide the service for which the fees were paid, for example: class is canceled or class is already filled.

CSD-MN and St. Paul Parks and Recreation  
DEAF / HH RECREATION PARTNERSHIP  
REGISTRATION FORM  
Winter/Spring, 2007

Please fill out this form and return the entire page.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone/TTY: \_\_\_\_\_ Email address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone/TTY \_\_\_\_\_

Check which activities you are registering for.

<u>Activity</u>	<u>Price per person</u>	<u>Number of people</u>	<u>Total</u>
_____ Open Basketball	\$8.00	_____	\$ _____
_____ Open Swim      no advance registration needed	Pay at door		
_____ Aerobics – Low Impact – Session 1	\$25.00	_____	\$ _____
_____ Aerobics – Low Impact – Session 2	\$25.00	_____	\$ _____
_____ Aerobics – Advanced – Session 1	\$25.00	_____	\$ _____
_____ Aerobics – Advanced - Session 2	\$25.00	_____	\$ _____
_____ Kickbox/Bootcamp – Session 1	\$27.00	_____	\$ _____
_____ Kickbox/Bootcamp – Session 2	\$27.00	_____	\$ _____
_____ Water Aerobics – Session 1	\$36.00	_____	\$ _____
_____ Water Aerobics – Session 2	\$36.00	_____	\$ _____
_____ Water Aerobics – Deep Water	\$24.00	_____	\$ _____
_____ Yoga – Session 1	\$27.00	_____	\$ _____
_____ Yoga – Session 2	\$27.00	_____	\$ _____
_____ Yoga, Family - Session 1	\$25 / adults, Children free	_____	\$ _____
_____ Yoga, Family - Session 2	\$25 / adults Children free	_____	\$ _____
_____ Put me on the mailing / email distribution list	FREE		

Enclosed is check number \_\_\_\_\_ in the amount of \$ \_\_\_\_\_.

Mail registration and payment to:  
CSD-MN / St. Paul Parks and Recreation  
Deaf / HH Recreation Partnership  
25 W. 4<sup>th</sup> Street, 300 CHA  
St. Paul, MN 55102



## **INSTRUCTORS / ACTIVITY LEADERS WANTED**

Do you have a special talent? Do you like people? Would you like to share your skills with others who are deaf or hard of hearing? The St. Paul Parks and Recreation / CSD-MN Recreation Partnership is looking for people with ASL skills to be instructors.

Activities might include:

Knitting/Crocheting

Kid's games

Arts and crafts

Golf

Sports coaching

Or other leisure activities

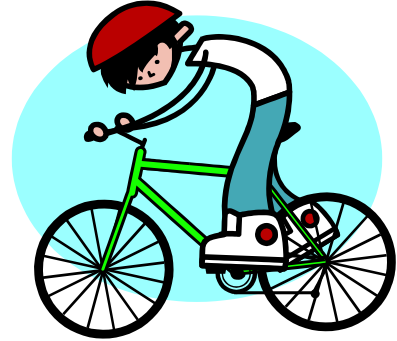
If you are interested, contact:

Jessalyn at [jfrank@c-s-d.org](mailto:jfrank@c-s-d.org) or

Mary at [mary.livingston@ci.stpaul.mn.us](mailto:mary.livingston@ci.stpaul.mn.us)

## **MORE ACTIVITIES**

More winter and spring activities may be planned after this brochure is sent out. If you do not already receive direct mailings or emails from the St. Paul Parks and Recreation / CSD-MN Recreation Partnership, be sure to contact us with your address and email address. You will receive recreation updates as new activities are scheduled.



CSD-MN / St. Paul Parks and Recreation  
Deaf / Hard of Hearing Rec. Partnership  
25 W. 4<sup>th</sup> Street, 300 CHA  
St. Paul, MN 55102